



BEFORE & AFTER

BEFORE

Upload before photo

AFTER

Upload after photo

MEASUREMENTS 1 2 3 4 5

NECK

CHEST

BICEPS

WAIST

HIPS

THIGHS

CALVES

HEIGHT

WEIGHT

BMI

MEASUREMENTS 1 2 3 4 5

NECK

CHEST

BICEPS

WAIST

HIPS

THIGHS

CALVES

HEIGHT

WEIGHT

BMI



Exercises By Body Parts

Exercise Days per week

CHEST ---- https://theclassicworkout.com/chest/	1	2	3	4	5
ABS ---- https://theclassicworkout.com/abs/	1	2	3	4	5
BICEPS---- https://theclassicworkout.com/upper-arms-shoulders/	1	2	3	4	5
WAIST---- https://theclassicworkout.com/side-abs/	1	2	3	4	5
GLUTES --- https://theclassicworkout.com/glutes/	1	2	3	4	5
HIP--- https://theclassicworkout.com/upper-legs/	1	2	3	4	5
THIGH --- https://theclassicworkout.com/upper-legs/	1	2	3	4	5
CALF --- https://theclassicworkout.com/lower-legs/	1	2	3	4	5

THE RESULT

NEXT GOAL

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